

Dear Fellow Employee:

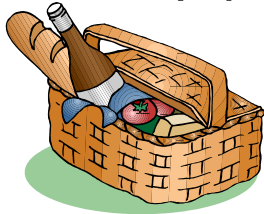


Tips For a Healthier Summer

Sun Safety Tips

Don't forget the sunscreen. It should be used any time you expect to be in the sun for thirty minutes or more. Use one with an SPF (sun protection factor) of 15 or higher (30 or more if you're very fair-skinned) and apply it 20-30 minutes before exposure. Sunscreen with both UV-A and UV-B protection is the most effective in preventing skin cancer. All sunscreen, even waterproof, should be reapplied every 1½ hours. Try to avoid the sun during the harshest hours of 10-2. Sun damage to the skin is cumulative and occurs early in life: apply the sunscreen often and liberally. See your physician for moles that have a circumference larger than a pencil eraser, have irregular shaped borders, or have changed in appearance.

Safety Tips for eating outdoors



- Keep food in iced coolers until ready to use.
- Wash hands before and after food preparation.
- Keep cooked and raw foods separate to reduce bacteria contamination.
- Cover food and utensils. Certain insects carry bacteria and salmonella.
- Over-charring foods on the grill can produce cancer-causing agents; raise the grill rack to add more distance between the food and the charcoal, and remove visible fat to reduce flame flare-ups.
- Cook food thoroughly.
- Eat foods as soon as served. Foods left sitting out over 2 hours may breed bacteria.

Insect Facts

Insects are out in force and some may pose serious health risks. Bee stings can cause allergic reactions, mosquitoes can carry the West Nile virus, and tick bites can result in Lyme disease. To avoid exposure, wear protective clothing and use insect repellent (follow the manufacturer's instructions). Avoid wearing perfumes or brightly colored clothes as they attract insects. Clear your yard of standing water or high weeds where insects may breed. Contact your physician with concerns if you are bitten.

**Congratulations, Therese Price! You are the winner of the July WOW contest.
Prize: A one-month "Go Work Out" Fitness Club membership.**

Find out more about employee health and fitness by visiting the WOW website for links to a wealth of wellness info, including fitness club discounts.

www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

Have a safe and healthy August!

August Message pdf

http://www.michigan.gov/documents/Aug04EmailMessage_96139_7.pdf

Working On Wellness

WOW Team

Employee Health & Wellness